

5+ A DAY CAULIFLOWER CHEESE

Serves: 6 to 8
Preparation: 10 minutes
Cooking: 20 minutes

Ingredients

1 whole cauliflower
25g butter
3 tablespoons flour
2 cups low fat milk
1 cup tasty cheese, grated
Zest from ½ lemon
½ teaspoon mustard powder
½ cup breadcrumbs
A handful of fresh parsley leaves, torn (optional)

Method

- Cook cauliflower whole in water in a large pot until tender
- Make the cheese sauce while the cauliflower is cooking. Melt butter in a saucepan & then stir in flour to make a roux, add milk while stirring to avoid lumping
- Once mixture has thickened add ¾ cup cheese, mustard powder & lemon zest, take off the heat & mix well
- Drain cauliflower & place it in the ovenproof dish you will be serving it in
- Pour over the cheese sauce, sprinkle the remaining cheese & breadcrumbs over the top & grill until golden
- Serve with fresh parsley for a pop of colour

The
5+ADay
Charitable Trust Est. 2007

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Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.